



May 3, 2010

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Worksite Wellness Conference Scheduled for June 1

The third in a series of Worksite Wellness Conferences presented by the Healthy Hometown Worksite Wellness committee will be held on Tuesday, June 1st, at the Baptist Hospital East Conference Center. Mayor Abramson will present the 2010 Healthy Hometown Worksite Wellness Awards and we will introduce a special guest, an exciting “newcomer” to our community! The morning program includes presentations by industry professionals, informational booths and opportunities for Q&A. Presenting Sponsor is Baptist Health@Work and Supporting Sponsors are BB&T Insurance, SHPS and Neace Lukens. If you would like to register, please contact megan.lafollette@louisvilleky.gov.

Are You “Losing It!” Louisville?

There’s still plenty of time for you and your colleagues to sign up to “Lose It, Louisville! More than 700 of your fellow residents have already registered and have lost more than 1,000 pounds, collectively! We still need you to sign up and let us know how many pounds you are losing every week. . .or every day. . .as we work toward our community goal of losing 100,000 pounds by Labor Day! Mayor Abramson and Dr. Troutman are logging in their weight loss every week – and you can, too. Just go to www.loseitlouisville.com and keep us posted. You’ll receive encouraging e-mails with healthy tips, news about your fellow Lose It participants and a chance to win prizes such as free groceries and gift cards! Sign up today so we can all be Losers!!!!

You’re Invited to Get Fit in the Park!

Metro Parks, in partnership with the Department of Public Health & Wellness, is hosting a kickoff event for their free outdoor fitness classes on **Saturday, May 15 at Cox Park, 3730 River Road (West of Indian Hills Trail)**. Come out and get fit with our Metro Parks Fitness Instructors! Activities include: Yoga, Hip-Hopercise, Cardio Fitness and more! You could win a Prize, and don’t forget to log your weight loss on loseitlouisville.com! This is a free event. Contact Kendria Rice-Lockett 502-456-8173 for more information. A flyer is also attached to this e-news.

Healthy Hometown Advisory Council Meeting June 25 at 10 am at Forum

Join us for our next Advisory Council Meeting on Friday, June 25th at 10 am at the Health Department Forum. We will learn more about the recently awarded Obesity Prevention Grant and Mayor Abramson will present our 2009 Leadership Awards to those volunteers who really stepped up last year. Dr. Troutman will review what is already turning out to be a very exciting and successful year for our Healthy Hometown. RSVP to mary.bradley@louisvilleky.gov.

Friends of the Waterfront Host First Annual River Walk on Mayor’s Mile

The First Annual FOTW River Walk will be held June 11 from 11 am to 1 pm at Waterfront Park. The walk will follow the new Mayor’s Mile, which is an optional 1 or 2 mile path through the park and opened last fall. Groups and individuals are encouraged to register by calling Kelley Lewis at 574-3768 or going to www.friendsofthewaterfront.com. A \$30 fee includes a t-shirt and healthy lunch as part of the event. Mayor’s Miles continue to be developed throughout the community as a way to distance mark walking and to encourage walking as a group activity.

Upcoming Mayor's Healthy Hometown Movement Committee Meetings: All meetings are held at the Louisville Metro Health Dept., 400 East Gray Street unless otherwise noted:

Food In Neighborhoods	Monday, May 3	5:30 pm	Downtown YMCA
Schools	Friday, June 25 (before the MHHM meeting) – Subcommittees will meet as needed in May		
Worksite Wellness	Thursday, May 13	8:00 am	Baptist East Milestone
Step Up, Louisville!	TBA – Subcommittees will meet as needed in May		

Contact marigny.bostock@louisvilleky.gov to RSVP or for more information.

Healthy Hometown Partner News:



Make Plans now to Bike to Work!

May is National Bike to Work Month and Friday, May 21 is Bike to Work Day. Maybe you're a casual rider, recreational cyclist or racer? Try biking to work. It saves you money, gets you in shape and reduces pollution – all on the way to work! Last year almost 600 people registered, 200 of which were first time riders. This year we're adding even more fun stuff to the mix, including:

- **3 Meet & Ride Locations** where riders can meet three times during the month of May, including our **Bike to Work Day ride on Friday, May 21.**
- **Bike Safety Classes** from [Bicycling for Louisville](#) and the [Louisville Bicycle Club](#) to make you feel more comfortable on the road.
(Note: These classes fill up fast. Click a link above to learn more and sign up.)
- A [Commuter Challenge](#) where you can sign up teams and compete against others for prizes.
- **Celebration at 4th Street Live!** Join Bike Louisville and WFPK 91.9's Marion Dries at 12 noon on Friday, May 21 at 4th Street Live! to meet up with other commuters, learn more about bicycle commuting, visit with vendors and just celebrate the bicycle! **And some lucky winner will win a new commuting bike, no purchase necessary!**

[Visit our Bike to Work webpage to learn more and register now.](#)

Thanks to the Bike to Work Sponsors!

This year's event is being sponsored by [Scheller's Fitness and Cycling](#), [Whole Foods](#), [LEO Magazine](#) and [WFPK](#) & [WFPL](#) Radio. And if you're biking to work Friday, May 21st, stop by any area [Heine Brothers' Coffee](#) or [Java Brewing Company](#) for a free cup of coffee!

Spring 2010 Neighborhood Institute Begins May 6th

The Center for Neighborhoods will host its annual Neighborhood Institute beginning May 6, 2010 and continuing through July 22, 2010 from 6-8 pm each Thursday night at Shively City Hall, 3920 Dixie Highway. The Neighborhood Institute is a leadership education program that started in 1987 and equips neighborhood leaders with skills and resources needed to initiate positive change in their communities. For more information, go to www.centerforneighborhoods.org.

Come celebrate the Urban Garden...

Join the Junior League of Louisville at a casual gathering Friday, May 7th 6:30PM at the E Main Street Garden: 865 E. Main Street, Louisville, KY 40206 The Junior League's Urban Garden Project supports communal physical activities and advocates for increased access to healthy food choices. The focus is on connecting and strengthening the multiple local and national organizations that promote healthy and sustainable life practices. For more information, visit www.juniorleaguelouisville.org.

Kentucky Farm to School Webinar May 26th

Sign up today for a free webinar opportunity entitled Growing Healthy Foods, Growing Healthy Kids: Expanding Farm to School in KY offered by Kentucky Action for Healthy Kids (KY AFHK), the UK Cooperative Extension Service, Partnership for a Fit KY and the Foundation for a Healthy KY. Learn how this "win for all" program can work for schools, farmers and kids in YOUR community. A local Farm to School initiative can increase access to locally grown, nutrient-rich foods, contribute to economic development in local communities and improve children's health and knowledge of farms. For more info, contact Selena Smith with the UK Cooperative Extension Service at 859-257-2948 or selena.smith@uky.edu.

New 4th Street Mayor's Mile Launched

With the help of the American Heart Association and Kindred Healthcare, the Healthy Hometown added a new Mayor's Mile to downtown Louisville. The Mile, which runs along 4th Street from Broadway north to Jefferson Street and back to Broadway, was introduced as part of the Heart Association's START! Walking program and is co-sponsored by Kindred as part of its worksite wellness activities.

Mayor's Miles are a distance marking program designed to encourage walking throughout the city. Mayor's Miles are located at Waterfront Park, which provides both a 1-mile and 2-mile walking option, Spalding University Campus, the Frankfort Avenue Reservoir, the University of Louisville Hospital Campus and the 4th Street Pedway from the Galt House to 4th Street Live! Mayor's Miles are also in selected Metro Parks. Mayor's Miles are sponsored by the Louisville Water Company. For more information about how you can get a Mayor's Mile for your business, neighborhood or school, contact katie.mcbride@louisvilleky.gov.

Mayor's Healthy Hometown Health Tip Posters are available! Twelve posters with fun graphics and important information which encourages good nutrition and the benefits of physical activity are posted on the ***Healthy Hometown*** website. All posters are designed for display at your place of work, study, worship or play. To receive these posters via e-mail attachment, contact smlcomm@att.net or they can be downloaded from the ***Healthy Hometown*** website at www.louisvilleky.gov/healthyhometown.

The ***Mayor's Healthy Hometown Movement News*** is designed to keep you informed of important Healthy Hometown Happenings as well as create a communications connection for all ***Healthy Hometown*** partners and interested participants. We encourage you to share any news, events and updates generated through your organizations and efforts ---all part of the Mayor's goal to make this one of the healthiest communities in America.

To submit information for publication consideration, please **DO NOT HIT REPLY**. Send edited items, including specific dates and times for events to smlcomm@att.net. Please include any pertinent web links and an e-mail source for more information.

This is a publication of the **Mayor's Healthy Hometown Movement** and is distributed through the Louisville Metro Department of Public Health & Wellness. Please feel free to share this newsletter with anyone who has an interest in a healthy community. If you do not wish to receive this newsletter please notify us at mary.bradley@louisvilleky.gov.